

Winter Break / J Term SNAP Application Guide

If you are concerned about accessing enough food over the long period of time away from Middlebury (and away from the meal plan) from late November until late February, there are resources that can help. We will be sending out a guide before the break starts with ways you can access food in your home state. However, since applications for SNAP benefits take 30 days to process, we are sending out information about SNAP now (in late October) in case you want to apply and receive benefits by the time the break starts. If you are in need of resources right now at Middlebury, see [go/foodresources](#).

SNAP (Supplemental Nutrition Assistance Program) is a government-funded program that can **help you pay for groceries**. You may be eligible for SNAP if you have a low income/no income and need assistance in purchasing food. A good overview of the program is on the USDA website: <https://www.fns.usda.gov/snap/facts>

How it works:

1. Apply for SNAP through your local office. How to apply varies by state, but options include using an on-line application, paper application, and/or applying over the phone. SNAP applications come in various languages.
2. If you are deemed eligible, you will be able to get your SNAP benefits no later than 30 days from the date you first applied. If you have no income/very little income for the month and you need help right away, you may qualify for 7-day service
3. SNAP benefits are delivered to your Electronic Benefits Transfer (EBT) account. You will receive a pin and a plastic card with a magnetic strip called an EBT card. Each month, you will get a certain amount of money on your card to help pay for groceries. You can swipe your EBT card like a credit/debit card when you go grocery shopping (EBT is taken at most stores that sell food).

Eligibility:

Eligibility for college students is complicated. SNAP eligibility is considered on a case-by-case basis, and requirements in many states have changed during COVID-19 - this is why we have included resources in every state that can help you know if you are eligible and fill out your application. Ultimately, the best way to know if you are eligible is to apply. Here is the link to SNAP info for college students: <https://www.fns.usda.gov/snap/students>. College students must meet the normal SNAP eligibility requirements (based on your monthly income) **and also meet one of the following requirements:**

- Take part in a state or federally financed work study program;
- Work at least 20 hours a week;
- Get public assistance benefits under a Title IV-A program;

- Are taking care of a dependent household member under the age of 6;
- Are taking care of a dependent household member over the age of 5 but under 12 and do not have adequate child care to enable them to attend school and work a minimum of 20 hours, or to take part in a state or federally financed work study program; or
- Are assigned to or placed in a college or certain other schools through:
 - A program under the Workforce Investment Act of 1998;
 - A program under Section 236 of the Trade Act of 1974;
 - An employment and training program under the Food Stamp Act; or
 - An employment and training program operated by a state or local government.
- A single parent enrolled full time in college and taking care of a dependent household member under the age of 12 can get SNAP benefits if otherwise eligible.

Eligibility will depend on who you are living with, as you apply with your household. If you are living independently, you can apply independently. If you are 21 or younger and living with your parent(s), you will apply as part of your household. If you are at least 22, living with your parent(s), and buy and prepare at least half of your meals independently, you can apply independently. If you are not eligible for SNAP because you don't meet one of the requirements above but the rest of your family is, you can still encourage them to apply. Here is a really useful slide deck that gives information about SNAP eligibility for college students that will hopefully answer many of your questions:

<https://www.clasp.org/sites/default/files/publications/2017/10/SNAP%20for%20College%20Students-An%20Overview.pdf>

Undocumented and international students:

Here is the USDA's guide to eligibility for SNAP for those who aren't US citizens:

https://www.nilc.org/wp-content/uploads/2019/05/Non-Citizen_Guidance_063011.pdf

Unfortunately, SNAP is most likely not an option for undocumented and international students. If you are looking for food resources, there are many community resources that you can take advantage of. In November, we will be sending a more in depth guide to community resources (we are sending SNAP now to give students time to apply before the break). If you need assistance now, you can call 211 and/or find a food pantry/food distribution near you at foodpantries.org.

The following guide gives information about whether you are eligible for SNAP in your state, how to apply for SNAP in your state (including D.C. and US territories), and any hotlines/organizations/guides that can help you in the application process. If your state does not provide info about student eligibility, it most likely follows the national eligibility criteria outlined above.

Resources per State

1. Alabama

- a. Application:
 - i. Print version (requires Adobe Acrobat Reader):
<https://dhr.alabama.gov/wp-content/uploads/2020/02/DHR-FSP-2116-1942.pdf> - mail, fax, email to your [local county office](#)
 - ii. Online version: <https://mydhr.alabama.gov/>. To complete this application, you will be prompted to create a MyDHR account.
- b. Application assistance:
 - i. Food assistance division contacts:
<https://dhr.alabama.gov/food-assistance/food-assistance-division-contacts/>
 - ii. State list of local office locations:
<https://dhr.alabama.gov/county-office-contact/>
 - iii. FAQ:
<https://dhr.alabama.gov/food-assistance/food-assistance-division-frequently-asked-questions/>
 - iv. Free communication assistance:
<https://mydhr.alabama.gov/home/alltaglines>
- c. Eligibility:
 - i. Requirements:
<https://dhr.alabama.gov/wp-content/uploads/2020/02/DHR-FAP-1942-new.pdf>

2. Alaska

- a. Application:
 - i. Alaska's name for SNAP is "Food Stamp Program." Alaska does not have an online application for SNAP. You can download an application on this page: <http://dhss.alaska.gov/dpa/Pages/features/org/applications.aspx> (press "Application for Services" and SNAP will be an option).
 - ii. Once completed, send the application to the Department of Public Assistance Office closest to you. Contact information and locations of all the DPA offices statewide can be found here:
<http://dhss.alaska.gov/dpa/Pages/contacts.aspx>
 - iii. The fastest way to send your application is by scanning it and emailing it to your local DPA Office. You can also drop it off in a mailbox outside of the DPA Office, mail it to the DPA office, or fax it to the DPA Office. Read the Application Process Guide in the link below to learn about next steps.
- b. Application assistance:

- i. This Food Bank of Alaska web page has a section called “links and resources” where you can find an Application Process Guide and a link to “How to Fill Out a SNAP Application”:
<https://www.foodbankofalaska.org/help/snap-the-new-food-stamps/>
- ii. If you have any questions about the application, the process, or the SNAP program, you can contact the Alaska Food Bank SNAP outreach team via
 - 1. Email: snap@foodbankofalaska.org
 - 2. Text: SNAP to (907) 891-8913
 - 3. Call: (907) 222-3119
- c. Eligibility:
 - i. Income requirements: <http://www.alaskasnap.com/eligible/>
 - ii. Eligibility as a student:
http://dpaweb.hss.state.ak.us/manuals/fs/605/605-1_b.htm

3. Arizona

- a. Application:
 - i. Submit an online application through Health-e-Arizona Plus:
<https://des.az.gov/services/basic-needs/food-assistance/nutrition-assistance/health-e-arizona-plus-application>
 - ii. Download the Application for Benefits with KidsCare Application Addendum and turn it in by mail or fax:
<https://des.az.gov/sites/default/files/dl/FAA-0001A.pdf?time=1601209724841>
 - iii. Call (855) 432-7587 to request a paper application be mailed to you. After receiving and completing the application, turn it in by mail or fax.
- b. Application assistance:
 - i. Go to find an assistant, enter your ZIP Code to locate community assisters near you for help with the application process. Contact the community assistor's office by telephone. In-person services may be unavailable or limited due to the pandemic:
https://www.healthearizonaplus.gov/App/Enrollment_Entity_Search_results.aspx?link=Assistor
 - ii. For more information, see the [How to Apply for Cash, Medical, and Nutrition Assistance Video](#): <https://vimeo.com/340017115>
- c. Eligibility:
 - i. Work requirements suspended
 - ii. You can use the screen for eligibility website to see if you qualify for Nutrition Assistance (<http://www.arizonaselfhelp.org/prescreen/>) - however, the best way to know if you are eligible is to submit an application for benefits and go through the application process.

4. Arkansas

- a. Application:
 - i. Print version: <https://dhr.alabama.gov/county-office-contact/> - mail to [your local DHS county office](#)
 - ii. Online version: <https://access.arkansas.gov/Welcome.aspx>. You will need to create an Access Arkansas account first.
- b. Application assistance:
 - i. SNAP info:
<https://humanservices.arkansas.gov/about-dhs/dco/programs-services/support-services#snap>
 - ii. List of DHS county offices:
<https://humanservices.arkansas.gov/offices/dhs-county-office-map>
 - 1. Call customer service at 1-800-482-8988
- c. Eligibility:
 - i. <https://access.arkansas.gov/Intro.aspx>. Answer a few short questions to find out if you're eligible. You will also need to complete an interview in-person or over-the-phone for your eligibility determination.

5. California

- a. Application:
 - i. California's name for SNAP is "CalFresh." You can apply online at <https://www.getcalfresh.org> in 10 minutes; call California Department of Social Services (877) 847-3663; or mail the application to your local county office at <https://www.cdss.ca.gov/county-offices>
- b. Application assistance:
 - i. Here are FAQs about applying for CalFresh:
<http://cafoodbanks.org/calfresh-application-process>
 - ii. For information on how to apply for CalFresh benefits in your county, call 1-877-847-3663 (CalFresh hotline for CA Department of Social Services)
 - iii. Type in your zip code at the CA Food Banks Find Food Assistance Tool for info about applying for CalFresh in your county
<http://www.cafoodbanks.org/find-food-assistance>
- c. Eligibility:
 - i. learn more at
<https://www.freshebt.com/state/california/food-stamps-eligibility-income-limits/> and <http://mycalfresh.org/students/>

6. Colorado

- a. Application:
 - i. SNAP in Colorado is called SNAP, but you use a website called Colorado PEAK to apply for benefits. You can apply for CO SNAP online at

<https://coloradopeak.secure.force.com/ABWEL?Language=EN>; or you can print out an application form and mail/fax/deliver it to your closest county human services office. You can find the application and human services office locations using this link:

<https://www.colorado.gov/pacific/cdhs/supplemental-nutrition-assistance-program-snap>

b. Application assistance:

- i. Here is a list of CO organizations and contacts that can help with application assistance:

https://www.colorado.gov/pacific/sites/default/files/snap-image_1.png

- ii. Flyer about CO SNAP application process:

https://coloradopeak.secure.force.com/resource/1409271310000/StaticPdfs_StaffAids/StaffAids_Pdfs/ProgramOverview_FoodAssistance.pdf

- iii. CO SNAP Food Assistance Toolkit:

<https://drive.google.com/file/d/1zdmptTFuW3Mvy9tdnFaTJf1BUTXQ3DRh/view>

c. Eligibility:

- i. you can find eligibility requirements using this link:

<https://www.colorado.gov/pacific/cdhs/supplemental-nutrition-assistance-program-snap> and you can fill out a pre-screening tool here to find out if you are eligible for SNAP benefits:

https://coloradopeak.secure.force.com/AC_Welcome?Language=EN

7. Connecticut

a. Application:

- i. Apply online at the Department of Social Services website (press “Apply for Benefits”):

<https://www.connect.ct.gov/access/unauth/accessController?id=0.22557332110202055&languageCode=en>

- ii. You can also fill out this form:

<https://portal.ct.gov/-/media/Departments-and-Agencies/DSS/Common-Applications/Application-for-Benefits-W-1E.pdf>

1. Mail it to DSS Scanning Center, PO Box 1320, Manchester, CT 06045-1320

2. Or drop it off at your local Department of Social Services office:

<https://portal.ct.gov/DSS/About-the-Department-of-Social-Services/Contact>

b. Application assistance:

- i. Call End Hunger CT's SNAP Call Center at 866-974-7627 - staff will answer your SNAP-related questions, perform a SNAP eligibility prescreening, and offer SNAP application assistance.
 - ii. CT SNAP Guide:
https://www.endhungerct.org/wp-content/uploads/2020/03/SNAP_FAQs_Resource_Guide-3.pdf
- c. Eligibility:
 - i. See this link for income requirements:
<https://portal.ct.gov/DSS/SNAP/Supplemental-Nutrition-Assistance-Program---SNAP/Eligibility>
 - ii. See the CT 211 SNAP page for student eligibility:
<https://uwc.211ct.org/food-stampssnap/>
 - iii. COVID changes: Work requirements have been suspended, meaning that there is a much greater chance that students can be eligible for SNAP without working 20 hrs/week; As of September 17, CT households are all receiving the maximum SNAP benefit even if they are not typically eligible for the maximum amount of assistance.

8. Delaware

- a. Application:
 - i. Apply online: <https://assist.dhss.delaware.gov>
 - ii. Apply at a local office
 - iii. Apply over the phone: 800-221-5689
- b. Application assistance:
 - i. <https://www.fbd.org/snap-outreach/>
 - ii. Apply for SNAP application assistance through the Food Bank of Delaware
- c. Eligibility:
 - i. Eligibility information on this site:
<https://dhss.delaware.gov/dhss/dss/foodstamps.html>.

9. Florida

- a. Application:
 - i. Print version:
<https://eds.myflfamilies.com/DCFFormsInternet/Search/OpenDCFForm.aspx?FormId=645>
 - 1. Submit your signed application at any Dept of Children and Families Economic Self-Sufficiency Services office *or*
 - 2. Mail to ACCESS Central Mail Center, P.O. Box 1770, Ocala, FL 34478-1770 *or*
 - 3. Fax to 1-866-886-4342

- ii. Online version:
<https://dcf-access.dcf.state.fl.us/access/scrflhomepage.do?performAction=changeLocale&language=english>
- b. Application assistance:
 - i. Agents available 7 am-6 pm Mon-Fri:
 - 1. Call 850-300-4323 or 866-762-2237
 - 2. Text 1-800-955-8771
 - ii. Local office locations: <https://www.myflfamilies.com/contact-us/>
- c. Eligibility:
 - i. <https://www.myflfamilies.com/service-programs/access/food-assistance-and-suncap.shtml>
 - ii. <https://dcf-access.dcf.state.fl.us/access/scrflaiewelcome.do?performAction=init&showMensaje=true>

10. Georgia

- a. Application: <https://dfcs.georgia.gov/food-stamps>
 - i. Review SNAP benefits and find out if you're eligible.
 - ii. Create and submit an application.
 - iii. Participate in a phone interview.
- b. Application assistance:
 - i. State list of local office locations: <https://dfcs.georgia.gov/locations>
 - ii. Customer Contact Toll-Free: (877) 423-4746 (Georgia Department of Human Services)
 - iii. Wholesome Wave Georgia is an anti-hunger org: if you are in need of further SNAP/Food Stamps assistance, please call (678) 631-7101 or email snap@wholesomewavegeorgia.org.
- c. Eligibility:
 - i. <https://www.freshebt.com/state/georgia/food-stamps-eligibility-income-limits/>

11. Hawaii

- a. Application:
 - i. Apply online at <https://pais-benefits.dhs.hawaii.gov/>. If you are unable to apply electronically, download and print this [paper application](#). You can mail or drop off the form at a [processing center](#).
 - ii. When you submit your application, you will receive a receipt with your tracking number. This means we have received your application. DHS will contact you for your interview.
 - iii. Learn more about SNAP benefits and the application process:
<https://humanservices.hawaii.gov/bessd/files/2020/07/What-happens-when-I-apply-for-benefits-updated-July-2020.pdf>

- b. Application assistance:
 - i. Call the Public Assistance Information Line at 1-855-643-1643 or contact one of the processing centers near you (listed above in “Application” section).
 - ii. Find Hawaii’s SNAP outreach providers and general food assistance here: <https://www.legalaidhawaii.org/food-resources-covid-19.html>
- c. Eligibility:
 - i. Households must meet specific eligibility requirements and provide proof of their statements about household circumstances. U.S. citizens and some aliens who are admitted for permanent residency may qualify. Learn more: <https://humanservices.hawaii.gov/bessd/files/2013/03/benefits-rights-responsibilities.pdf>.

12. Idaho

- a. Application:
 - i. May apply by phone, mail, fax, or at a local office <https://healthandwelfare.idaho.gov/FoodCashAssistance/ApplyforAssistance/Applyforservices/tabid/1555/Default.aspx>
- b. Application assistance:
 - i. <https://www.benefits.gov/benefit/1256> some assistance may be found through this resource.
- c. Eligibility:
 - i. Determined by household size and income. Students must be a resident of Idaho. Learn more at <https://healthandwelfare.idaho.gov/FoodCashAssistance/ApplyforAssistance/Applyforservices/Whoiseligible/tabid/1556/Default.aspx#food>

13. Illinois

- a. Application:
 - i. Print version: <http://www.dhs.state.il.us/onenetlibrary/12/documents/Forms/IL444-2378-B-IES.pdf> - mail or bring in person to [your local FCRC](#)
 - ii. Online version: <https://abe.illinois.gov/abe/access/>
- b. Application assistance:
 - i. Application customer support: <https://www.dhs.state.il.us/page.aspx?item=98456>
 - ii. General SNAP info: <https://www.dhs.state.il.us/page.aspx?item=30357>
 - iii. State list of local office locations: <https://www.dhs.state.il.us/page.aspx?module=12>

- iv. You can call the [Illinois Hunger Coalition](#) Hotline for application help: 1-800-359-2163
- c. Eligibility:
 - i. IL SNAP Benefits calculator: <http://fscalculator.dhs.illinois.gov/FSCalc/>
 - ii. Eligibility for college students: <https://www.dhs.state.il.us/page.aspx?Item=13271> & IL Hunger Coalition Flyer: <https://ilhunger.org/resources/StudentGeneralSNAPFlyer91718.pdf>

14. Indiana

- a. Application:
 - i. Apply online at <https://fssabenefits.in.gov/bp/#/>. You can also print and mail your application: <https://fssabenefits.in.gov/bp/#/mailPrint/mailApplication>.
- b. Application Assistance:
 - i. Call the Division of Family Resources (DFR) toll-free phone/fax number at 800-403-0864, or you can call or visit your [DFR county office](#). To find your local DFR office, search this [map](#) or look on this [webpage](#).
 - ii. Providers for SNAP outreach: [Feeding Indiana's Hungry](#), [Food Finders Food Bank](#), and [Gleaners Food Bank](#).
- c. Eligibility:
 - i. Learn more and see if you qualify at <https://www.in.gov/fssa/dfir/snap-food-assistance/do-i-qualify-for-snap/>.
 - ii. To see if you are eligible to receive benefits, answer the questions in the [screening tool](#).

15. Iowa

- a. Application:
 - i. To apply online, visit <https://secureapp.dhs.state.ia.us/oasis/OASIS0100.aspx>. You can also fill out a [paper application](#) and mail or fax it to your nearest Department of Human Services (DHS) office.
- b. Application Assistance:
 - i. For help with completing your SNAP application, contact your local DHS https://dhs.iowa.gov/dhs_office_locator. Email your concerns to myFoodAssistance@dhs.state.ia.us.
 - ii. Call the Iowa Department of Public Health for assistance at (515) 281-6650 or use the [Contact Us](#) system to submit a question online.
 - iii. Providers for SNAP outreach: [Iowa Food Bank Association](#) and [Food Bank of Iowa](#).
- c. Eligibility:

- i. You may qualify for food assistance if you meet income guidelines and are a citizen or legal immigrant. Learn more at <https://dhs.iowa.gov/food-assistance/eligibility> and view the “Before applying for Food Assistance” document.

16. Kansas

- a. Application
 - i. Apply online at https://cssp.kees.ks.gov/apsspssp/sspNonMed.portal?_nfpb=true&_st=&_windowLabel=applyForBenefits_1_4&_urlType=action&_state=maximized&wlpapplyForBenefits_1_4_javax.portlet.action=applyForBenefits
 - ii. Apply by phone 888-369-4777
 - iii. Apply at a local office
- b. Application assistance
 - i. <https://www.kansasappleseed.org/snapsignup.html>
- c. Eligibility
 - i. Online survey to check eligibility at the following link https://cssp.kees.ks.gov/apsspssp/sspNonMed.portal?_nfpb=true&_st=&_windowLabel=amIEligible_1_5&_urlType=action&_state=maximized&wlpamIEligible_1_5_render=welcome&wlpamIEligible_1_5_javax.portlet.action=maximize#wlp_amIEligible_1_5

17. Kentucky

- a. Application:
 - i. Print version: <https://kynect.ky.gov/benefits/resource/1600389159000/sspSnapAsserts/SNAPApplicationEnglish.pdf>
 - 1. Fax application to the Department for Community Based Services (DCBS) at (502) 573-2007 *or*
 - 2. Mail it to DCBS, P.O. Box 2104, Frankfort, KY 40602 *or*
 - 3. Bring application to a [local DCBS office](#) when it is open
 - ii. Online version: <https://ssointernal.chfs.ky.gov/adfs/ls/>
 - iii. By phone: 1-855-306-8959
 - iv. In person at [local DCBS office](#)
 - v. Short application: https://kynect.ky.gov/benefits/s/getstartedsnap?language=en_US
- b. Application assistance:
 - i. State list of local office locations: https://prdweb.chfs.ky.gov/Office_Phone/index.aspx
 - ii. Call Kentucky Department for Community-Based Services Support Line: 1-855-306-8959

- c. Eligibility:
 - i. https://kynect.ky.gov/benefits/s/program-page?program=SN&language=en_US

18. Louisiana

- a. Application
 - i. Apply online <http://www.dcfs.louisiana.gov/page/snap-how-to-apply>
 - ii. Apply by phone 888-524-3578
 - iii. Apply at local office
- b. Application assistance
 - i. <http://www.dcfs.louisiana.gov/page/cafe-video-tutorials>
 - ii. <https://www.foodbanknela.org/snap-outreach/>
- c. Eligibility
 - i. Check your SNAP eligibility here:
<http://www.dcfs.louisiana.gov/page/snap-eligibility>

19. Maine

- a. Application:
 - i. Apply online through [My Maine Connection](#). Download and mail an [application](#) to the Office for Family Independence, 114 Corn Shop Lane, Farmington, ME 04938. Email an application to Farmington.DHHS@Maine.gov, or fax it to (207) 778-8429.
- b. Application assistance:
 - i. Contact the Department of Health & Human Services Office of Family Independence Monday-Friday 8 a.m. to 4:30 p.m. at 1-855-797-4357. You can also email DHHS using the [Request Assistance Form](#).
- c. Eligibility:
 - i. Must be a resident of the state of Maine and meet specific bank balance and household annual income requirements. Learn more at <https://www.benefits.gov/benefit/1272>.

20. Maryland

- a. Application
 - i. Apply online here:
<https://mydhrbenefits.dhr.state.md.us/dashboardClient/#/home>
 - ii. Apply at a local office; find your local office here:
<https://mydhrbenefits.dhr.state.md.us/dashboardClient/#/dssMap>
- b. Application assistance
 - i. Receive assistance with your snap application:
<https://www.mdhungersolutions.org/get-help/apply-for-snap/>
- c. Eligibility

- i. Check your eligibility status here:
<https://mydhrbenefits.dhr.state.md.us/dashboardClient/#/householdInfo>

21. Massachusetts

- a. Application:
 - i. File an application for SNAP through the Department of Transitional Assistance (DTA):
<https://www.mass.gov/snap-benefits-formerly-food-stamps>. Fax a paper app to DTA: 617 887 8765. Mail a paper application to DTA: DTA Document Processing Center, PO Box 4406, Taunton, MA 02780. After you apply, call the DTA Assistance Line for an interview at 1-877-382-2363.
- b. Application assistance:
 - i. Project Bread Food Source Hotline: 1.800.645.8333
(<https://www.projectbread.org>)
 - ii. Greater Boston Food Bank: Contact us to determine your eligibility, to complete an application, or for help with your existing case: Call: 617-598-5022, Email: SNAP@gbfb.org, Online: GBFB.org/SNAP
- c. Eligibility:
 - i. Low-income college students who meet certain requirements may be eligible for SNAP to help buy groceries
(<https://www.masslegalservices.org/food4students>).
- d. Info sheet:
<https://www.masslegalservices.org/system/files/library/SNAP%20Know%20Your%20Rights-%20College%20Students.%20June%202018.pdf>

22. Michigan

- a. Application:
 - i. Use MI Bridges to apply for assistance, check your eligibility status and manage your account online
(https://newmibridges.michigan.gov/s/isd-landing-page?language=en_US)
- b. Application Assistance:
 - i. <https://www.foodgatherers.org/?module=Page&sID=meet-food-gatherers-amicorp-member>: Michigan organization Food Gatherers has a SNAP application info page, which includes contact info of agencies that can help you apply and provides info about the Food and Other Resources (F.O.R) Helpline managed by the Food Bank Council of Michigan (1-888-544-8773) that can guide you through your application or answer questions:
- c. Eligibility:

- i. https://www.michigan.gov/mdhhs/0,5885,7-339-71547_5527_6691---,00.html

23. Minnesota

- a. Application:
 - i. You can apply online or print the application and mail it/drop it off at your local county office: application is found at the MN Department of Human Services website under “apply”:
<https://mn.gov/dhs/people-we-serve/adults/economic-assistance/food-nutrition/programs-and-services/supplemental-nutrition-assistance-program.jsp>
- b. Application assistance:
 - i. contact your county or tribal office or other SNAP phone lines here:
<https://mn.gov/dhs/people-we-serve/adults/economic-assistance/food-nutrition/contact-us/>
 - ii. The Minnesota Food HelpLine can help you figure out if you qualify for SNAP. Call the Minnesota Food HelpLine at 1-888-711-1151.
 - iii. 2Harvest also offers SNAP assistance:
<https://www.2harvest.org/who--how-we-help/services-and-programs/programs/snap-outreach.html#.X42BUi3MzUp>
- c. Eligibility:
 - i. MN does not provide info on student eligibility, so it likely follows the USDA guidelines (<https://www.fns.usda.gov/snap/students>). There is a screening tool under “eligibility” on the Department of Human Services Website:
<https://mn.gov/dhs/people-we-serve/adults/economic-assistance/food-nutrition/programs-and-services/supplemental-nutrition-assistance-program.jsp>

24. Mississippi

- a. Application:
 - i. Print version:
<https://www.mdhs.ms.gov/wp-content/uploads/2019/07/GF-900-Application-for-TANF-and-SNAP.pdf>
 - 1. Fax, mail, or bring in person to [your local county office](#)
 - ii. Online version: <https://www.access.ms.gov/Application>
- b. Application assistance:
 - i. General SNAP info: <https://www.mdhs.ms.gov/economic-assistance/snap/>
 - ii. State list of local office locations:
<https://www.access.ms.gov/Home/Offices>
 - iii. FAQ: <https://www.access.ms.gov/Home/Faq>
- c. Eligibility:
 - i. <https://www.access.ms.gov/Prescreen/Start>

25. Missouri

- a. Application
 - i. General info: <https://mydss.mo.gov/food-assistance/food-stamp-program>
 - ii. Apply online
<https://apps.dss.mo.gov/fmwBenefitCenter/Account/SignInInfo.aspx>
 - iii. Paper application <https://mydss.mo.gov/media/pdf/food-stamp-application>
- b. Application Assistance
 - i. On the Missouri Department of Social Services info page: If you have questions, need more information, or to check the status of your application: Visit one of our FSD Resource Centers (https://dss.mo.gov/dss_map/) or Call 855-FSD-INFO, or 855-373-4636
- c. Eligibility
 - i. Eligibility on this page:
<https://mydss.mo.gov/food-assistance/food-stamp-program#eligibility>

26. Montana

- a. Application:
 - i. Apply online at: <https://apply.mt.gov>
 - ii. Or Email lhssspapplicationcustomersupport@mt.gov for a PDF application
- b. Application assistance:
 - i. <https://mfbn.org/snap-assistance/>
 - ii. Call the Public Assistance Helpline-1-888-706-1535
- c. Eligibility:
 - i. <https://dphhs.mt.gov/hcsd/SNAP>

27. Nebraska

- a. Application
 - i. Main page: <http://dhhs.ne.gov/Pages/SNAP.aspx>
 - ii. You can apply for benefits and handle Economic Assistance needs on the ACCESSNebraska website
<https://dhhs-access-neb-menu.ne.gov/start/?tl=en> (includes a prescreening tool to see if you are eligible)
 - iii. <http://dhhs.ne.gov/Documents/COVID-19-SNAP-FAQ.pdf>
- b. Application Assistance
 - i. You can call (800) 383-4278 and speak to one of the social service workers for ACCESS Nebraska
- c. Eligibility
 - i. See <https://www.benefits.gov/benefit/1300> for general eligibility info

28. Nevada

- a. Application

- i. You can apply online at <https://accessnevada.dwss.nv.gov/public/landing-page>, mail in/drop off a printed application, or pick up an application at your local welfare office - info is here: <https://dwss.nv.gov/SNAP/Food/>
- b. Application Assistance
 - i. Call the Access Nevada hotline at (800) 992-0900 for application assistance
- c. Eligibility
 - i. Student eligibility: https://dwss.nv.gov/SNAP/SNAP_-_Rules-7/
 - ii. General eligibility: https://dwss.nv.gov/SNAP/SNAP_-_Rules/

29. New Hampshire

- a. Application:
 - i. Apply online at <https://nheasy.nh.gov/#/>. Go to “Services,” “Nutrition/Food,” and then apply under the “Food Stamps” option. If you’d rather apply in person, call your local office or the New Hampshire SNAP hotline (1-603-271-9700) to find out how. See the Division of Family Assistance Page for more info: <https://www.dhhs.nh.gov/dfa/foodstamps/index.htm>
- b. Application assistance:
 - i. Call 271-9700 or 1-800-852-3345 extension 9700 and they will mail you an application. You can also call the New Hampshire Food Bank’s SNAP Outreach Coordinator, who can assist you in applying for SNAP at 603-669-9725 ext. 1147.
- c. Eligibility:
 - i. you may qualify for SNAP benefits depending on your household size, income, expenses and resources. Learn more at <https://www.freshebt.com/state/new-hampshire/food-stamps-eligibility-income-limits/> and <https://www.dhhs.nh.gov/dfa/foodstamps/eligibility.htm>.

30. New Jersey

- a. Application:
 - i. <https://www.njhelps.org>
 - ii. Use this link to start your application.
 - iii. Information you will need for the application: Name, birthdate, SSN, information about income, (for non-citizens, documents that allow them to reside in the US permanently)
- b. Application assistance:
 - i. <https://www.benefits.gov/benefit/1312>
 - ii. <https://cfbnj.org/federal-nutrition-program/> 1-908-838-4831 This number/site can help you with the application.

- c. Eligibility:
 - i. <https://www.nj.gov/humanservices/njsnap/students/eligibility/>
 - ii. Student eligibility: Low-income college students who live in New Jersey may be eligible if they meet the criteria listed on this site which include; at least 20hrs/week paid employment, participation in a federal work study program during the school year, unable to work due to a physical/mental disability, responsible for the care of a dependent in their household under the age of 6, etc.

31. New Mexico

- a. Application:
 - i. <https://www.yes.state.nm.us/yesnm/home/index> link to online application
 - ii. If you'd rather apply in person, call your local office or the New Mexico SNAP hotline (1-800-283-4465) to find out how.
<https://www.freshebt.com/state/new-mexico/#apply>
- b. Application assistance:
 - i. The Food Depot is an NM org that can help you apply for SNAP - Contact them at 505-470-2236 or navigator@thefooddepot.org
(<https://www.thefooddepot.org/get-help/>)
- c. Eligibility:
 - i. https://www.hsd.state.nm.us/LookingForAssistance/Supplemental_Nutrition_Assistance_Program_SNAP_.aspx
 - ii. https://www.hsd.state.nm.us/LookingForInformation/Federal_Poverty_Level_Guidelines.aspx

32. New York

- a. Application:
 - i. NY SNAP Overview: <https://otda.ny.gov/programs/snap/#overview>
 - ii. You can apply for SNAP benefits online, on paper, or in person. See info here: <https://otda.ny.gov/programs/apply/#snap>
- b. Application Assistance
 - i. Help applying for SNAP:
<https://otda.ny.gov/programs/snap/online.asp>. This site can link you with organizations that you can contact/call for helping applying for SNAP.
- c. Eligibility
 - i. General eligibility: <https://otda.ny.gov/programs/snap/#eligibility>
 - ii. Student eligibility info:
<https://otda.ny.gov/programs/snap/qanda.asp#students>

33. North Carolina

- a. Application
 - i. SNAP in NC is called Food and Nutrition Services. General Info:
<https://www.ncdhhs.gov/assistance/low-income-services/food-nutrition-services-food-stamps>
 - ii. There are three ways to apply for Food and Nutrition Services:
<https://www.ncdhhs.gov/assistance/low-income-services/food-nutrition-services-food-stamps>:
 - 1. Apply online with ePASS.
 - 2. Apply in person at your county Department of Social Services (DSS) office. It helps to fill out as much of the application as possible ahead of time.
 - 3. Fill out a paper application and mail to or drop it off at your county DSS office.
- b. Application assistance
 - i. MANNA Foodbank has a hotline to provide assistance in applying for Food and Nutrition Services:
<https://www.mannafoodbank.org/where-to-get-help/foodstamps-fns-eligibility/>
- c. Eligibility
 - i. General eligibility on this page:
<https://www.ncdhhs.gov/assistance/low-income-services/food-nutrition-services-food-stamps>

34. North Dakota

- a. Application:
 - i. You can apply online, or print an application and mail it to / drop it off at your human service zone office - online and printable application on the ND state government's website:
<https://www.nd.gov/dhs/info/pubs/application.html>
- b. Application assistance:
 - i. contact your human service zone office for help with the application:
<https://www.nd.gov/dhs/locations/countysocialserv/>
 - ii. See the phone numbers and email provided by Benefits.gov (<https://www.benefits.gov/benefit/1391>) that you can contact for assistance
- c. Eligibility:
 - i. ND SNAP Benefits calculator:
<https://www.nd.gov/dhs/snap/simplecalculator.aspx>
 - ii. ND SNAP info sheet has income limits:
<http://www.nd.gov/dhs/info/pubs/docs/dn-1375.pdf>; there is not info about

student eligibility, so ND most likely follows the national guidelines (<https://www.fns.usda.gov/snap/students>)

35. Ohio

- a. Application:
 - i. Apply online at <https://benefits.ohio.gov/>. You can also print and fill out a [paper application](#), which should be submitted to your local County Department of Job and Family Services (CDJFS). To find your county office, visit https://jfs.ohio.gov/County/County_Directory.pdf.
 - ii. To apply for food assistance benefits, you must complete a face-to-face interview. The county will schedule that interview after you complete the application and mail it, fax it, or deliver it to the county agency.
 - iii. SNAP benefits are made available on the [Ohio Direction Card](#).
- b. Application assistance:
 - i. Call the Ohio SNAP hotline at 1-866-244-0071.
 - ii. Providers for SNAP outreach: [Greater Cleveland Food Bank](#) and [Mid-Ohio Food Bank](#).
 - iii. Before using your new Ohio Direction Card, you must call Customer Service at 1-866-386-3071 to select your new Personal Identification Number (PIN) and activate your card. View your account activity and other relevant information at <https://www.connectebt.com/ohebtclient/index.jsp>.
- c. Eligibility:
 - i. To be eligible for benefits, you must be a resident of Ohio and meet other requirements: <https://www.freshebt.com/state/ohio/food-stamps-eligibility-income-limits/>.

36. Oklahoma

- a. Application:
 - i. Apply for benefits online by first creating an account through the Oklahoma Department of Human Services (OKDHS): <https://www.okdhslive.org/AuthApplicantLogin.aspx>.
 - ii. You can also complete the [Request for Benefits form](#) (get [Adobe Reader](#) if you have trouble accessing it). Then, fax, email, or take it to your [local DHS office](#) during operating hours. Once DHS receives the Request for Benefits form, you will be contacted regarding your interview to address some additional eligibility questions. You will receive an interview notice in the mail and may receive a telephone call to complete an interview.
 - iii. SNAP benefits are made available on the [ACCESS Oklahoma electronic benefit transfer \(EBT\) card](#). If this is your first time to get a card or you

have Child Care linked to your card, then you must go to the local DHS office to get your card and watch a video explaining how to use your card.

- iv. General Oklahoma SNAP website (OKDHSLive!):

<https://www.okdhslive.org/popups/ProgramFAQSEnglish.aspx>.

- b. Application assistance:

- i. Contact SNAP@okdhs.org with questions or call (405) 521-3444, (405) 522-5050, or 1-866-411-1877 (toll-free).

- ii. Providers for SNAP outreach: [Community Food Bank of Eastern Oklahoma](#), [Regional Food Bank of Oklahoma](#), [Hunger Free Oklahoma](#).

- iii. SNAP-accepting farmers markets: <https://onieproject.org/farmers-markets/>

- c. Eligibility:

- i. Find guidelines to see if you are eligible for food assistance at <https://www.freshebt.com/state/oklahoma/food-stamps-eligibility-income-limits/>.

37. Oregon

- a. Application:

- i. You can apply online, through email, or by mail/dropped off at your local Department of Human Services office

- ii. Application info here:

<https://www.oregon.gov/dhs/ASSISTANCE/FOOD-BENEFITS/Pages/About-SNAP.aspx>

- b. Application assistance:

- i. Contact your local Department of Human Services office for assistance:

<https://www.oregon.gov/dhs/Offices/Pages/Self-Sufficiency.aspx>

- ii. Contact Diana Rojas: 211info Food Program Coordinator and SNAP Advocate: 971-266-2903; food@211info.org

- c. Eligibility:

- i. <https://oregonhunger.org/apply-for-snap/>

38. Pennsylvania

- a. Application

- i. You can apply online or drop the application off at a county assistance office

- ii. Application info is on the Department of Human Services SNAP page:

<https://www.dhs.pa.gov/Services/Assistance/Pages/SNAP.aspx>

- b. Application assistance:

- i. Call the Department of Human Services Helpline, toll-free, at 1-800-692-7462 or your county assistance office

(<https://www.dhs.pa.gov/Services/Assistance/Pages/CAO-Contact.aspx>)

- ii. The Central PA Food Bank has SNAP assistance services to help see if you are eligible and go through the application process:
<https://www.centralpafoodbank.org/find-help/snap/> (hotline:
- c. Eligibility:
 - i. Income limits:
<https://www.dhs.pa.gov/Services/Assistance/Pages/SNAP-Income-Limits.aspx>
 - ii. See national eligibility requirements for student eligibility
<https://www.fns.usda.gov/snap/recipient/eligibility>

39. Rhode Island

- a. Application:
 - i. apply online at <http://www.dhs.ri.gov/applynow/index.php>. You may opt to complete the [printed application](#) instead. Send it to the RI Department of Human Services, P.O. Box 8709, Cranston, RI 02920-8787. To meet with someone and apply in person, visit a Department of Human Services (DHS) office near you, which is open Monday-Friday from 8:30 am to 4:00 pm.
- b. Application assistance:
 - i. If you do not have Adobe PDF software or access to a printer, call your [local DHS office](#) for help.
- c. Eligibility:
 - i. you may qualify for SNAP benefits depending on your household size, income, expenses and resources. Learn more at <http://www.dhs.ri.gov/Programs/SNAPEligibility.php>.
 - ii. After applying and meeting the eligibility requirements, you must provide the [required documentation](#) and have an [interview](#) with the department as well.
 - iii. SNAP Eligibility Guidelines for College Students flyer (created by University of Rhode Island SNAP Outreach Project):
http://www.eatbettertoday.com/wp-content/uploads/2008/05/Student_Flyer-Final-9_30_13.pdf

40. South Carolina

- a. Application:
 - i. Print version: <https://dss.sc.gov/media/1244/3800-2015-04.pdf>
 - 1. Mail or fax to [your county office](#)
 - ii. Online version: <https://scmapp.sc.gov/>
 - iii. You can apply in person at your [local county office](#)
- b. Application assistance:
 - i. State list of local office locations: <https://dss.sc.gov/contact/>

- ii. FAQ: <https://dss.sc.gov/assistance-programs/snap/faq/>
- c. Eligibility:
 - i. <https://scmapp.sc.gov/EA/GettingStarted.aspx>

41. South Dakota

- a. Application
 - i. Apply online, over the phone, or at a local office
 - ii. Online application: <https://apps.sd.gov/ss36snap/web/Portal/Default.aspx>
 - iii. Phone: 605-773-4105
- b. Application assistance
 - i. <https://www.benefits.gov/benefit/1068>
- c. Eligibility
 - i. <https://apps.sd.gov/ss36snap/web/Portal/PreScreeningDetails.aspx>
eligibility screening form

42. Tennessee

- a. Application:
 - i. Print version:
https://www.tn.gov/content/dam/tn/human-services/hs/HS-0169_Combined_FA_Application_and_Statement_of_Understanding.pdf - mail, fax, or hand deliver to [your local office](#)
 - ii. Online version: <https://faonlineapp.dhs.tn.gov/>
 - iii. Can apply in person at [your local DHS county office](#); must make an appt first
- b. Application assistance:
 - i. State list of local office locations:
<http://tennessee.gov/humanservices/article/office-locator-family-assistance>
 - ii. General SNAP info:
<https://www.tn.gov/humanservices/for-families/supplemental-nutrition-assistance-program-snap.html>
 - iii. COVID-19 info:
<https://www.tn.gov/humanservices/covid-19/snap-and-covid-19-faqs-.html>
 - iv. Contact 866-311-4287 or 711
- c. Eligibility:
 - i. <https://www.tn.gov/humanservices/for-families/supplemental-nutrition-assistance-program-snap/supplemental-nutrition-assistance-program-snap-eligibility-information.html>

43. Texas

- a. Application:
 - i. Online version: <https://www.yourtexasbenefits.com/Learn/Home>
- b. Application assistance:

- i. General SNAP info: <https://hhs.texas.gov/services/food>
- ii. The Central Texas Food Bank can help you through the application process over the phone, by computer, or by calling their hotline at 855-366-3401. You can send in your request for a telephone or on-site appointment using [this link](#).
- iii. The North Texas Food Bank can also help with SNAP applications: press “Contact a SNAP representative” here: <https://ntfb.org/snap-information/>
- c. Eligibility:
 - i. <https://hhs.texas.gov/services/food/snap-food-benefits>

44. Utah

- a. Application
 - i. Apply online: <https://jobs.utah.gov/customereducation/services/foodstamps/index.html>
 - ii. Apply over the phone 801-526-9675
 - iii. Apply at local office
- b. Application assistance
 - i. <https://jobs.utah.gov/customereducation/services/foodstamps/> basic information for SNAP applicants
 - ii. Utahns Against Hunger has a button on this page called “Find Application Help” <https://www.uah.org/get-help/snap>.
- c. Eligibility
 - i. Student eligibility information: https://jobs.utah.gov/customereducation/services/foodstamps/work_students.html
 - ii. Find more eligibility information here: <https://www.uah.org/get-help/snap>
 - iii. Utahns Against Hunger Benefit calculator: <https://www.uah.org/get-help/calculator>

45. Vermont

- a. Application:
 - i. Apply online for 3SquaresVT, Vermont’s SNAP program: <https://dcf.vermont.gov/mybenefits/apply>
 - ii. Call 1-800-479-6151 to request a paper application
 - iii. To apply in person, find your local [district office](#).
- b. Application assistance:
 - i. The Vermont Foodbank offers free 3SquaresVT application assistance over the phone (855-855-6181)
 - ii. To screen for eligibility over text, text VFBSNAP to 85511
 - iii. You can also fill out this [3SquaresVT Inquiry form](#) or email 3SVT@vtfoodbank.org for help

- c. Eligibility:
 - i. Getting 3SquaresVT benefits depends on your income, expenses, and how many people live in your household. Learn more at <https://www.hungerfreevt.org/do-i-qualify>.
 - ii. Student eligibility flyer: <http://www.vermontfoodhelp.com/images/outreach-tools/2017-10-College-Student-Outreach.pdf>

46. Virginia

- a. Application
 - i. General info: <https://www.dss.virginia.gov/benefit/snap.cgi>
 - ii. Application option 1: Screen for eligibility and/or apply online through CommonHelp (<https://commonhelp.virginia.gov>)
 - iii. Application option 2: Bypass eligibility screening and submit an application manually. Fill out an "Application for Benefits" from the forms section on this page and return it to your local department of social services (<https://www.dss.virginia.gov/localagency/index.cgi>)
- b. Application Assistance
 - i. You can call the Department of Social Services hotline to speak with a customer service representative: 1-800-552-3431
 - ii. Very comprehensive guide to applying for VA SNAP: http://vahungersolutions.org/wp-content/uploads/2019/10/VPLC_SNAP_2019_final.pdf
- c. Eligibility
 - i. General Eligibility: https://www.dss.virginia.gov/files/division/bp/fs/intro_page/income_limits/Income_Chart.pdf

47. Washington

- a. Application
 - i. Washington's version of SNAP is called Basic Food
 - ii. Application info is here: <https://www.dshs.wa.gov/esa/community-services-offices/basic-food>.
 - 1. You can apply for Basic Food Assistance online (<https://www.washingtonconnection.org/home/>) or by phone at 1-877-501-2233.
- b. Application Assistance
 - i. Contact the Community Services Office for application help: <https://www.dshs.wa.gov/esa/community-services-offices/community-services-office> (877-501-2233)
- c. Eligibility

- i. <https://app.leg.wa.gov/WAC/default.aspx?cite=388-400-0040>

48. Washington D.C.

- a. Application
 - i. General DC SNAP Info here: <https://dhs.dc.gov/snapinfo> and application info here: <https://dhs.dc.gov/service/apply-and-recertify-benefits>. You can apply online, through an app, in person, or by mail.
- b. Application Assistance
 - i. DC Hunger Solutions SNAP Guide: <https://www.dchunger.org/federal-nutrition-programs/snap/apply-for-snap/>
- c. Eligibility
 - i. General eligibility requirements: <https://dhs.dc.gov/service/snap-eligibility>

49. West Virginia

- a. Application
 - i. General info: [https://dhhr.wv.gov/bcf/Services/familyassistance/Pages/Supplemental-Nutritional-Assistance-Program-\(Former-Food-Stamp-Program\).aspx](https://dhhr.wv.gov/bcf/Services/familyassistance/Pages/Supplemental-Nutritional-Assistance-Program-(Former-Food-Stamp-Program).aspx)
 - ii. You can apply online or in writing. The online application is here: <https://www.wvpath.org> and the print application is here: https://dhhr.wv.gov/bcf/Services/familyassistance/Documents/DFA_SNA_P_1%20%2007_11_19%20--%20approved.pdf.
 - 1. Contact your local SNAP administering agency for more information: [State Agency Directory](#)
- b. Application Assistance
 - i. Please call the DHHR to speak with a client service representative: [1-800-642-8589](tel:1-800-642-8589)
- c. Eligibility
 - i. WV does not provide eligibility guidelines - see national guidelines here: <https://www.fns.usda.gov/snap/recipient/eligibility>

50. Wisconsin

- a. Application
 - i. SNAP in Wisconsin is called FoodShare. Application options are on the Wisconsin Department of Health and Services: <https://www.dhs.wisconsin.gov/foodshare/eligibility.htm>
 - ii. You can apply online at Access Wisconsin: <https://access.wisconsin.gov/access/>. You can also call or go to your county agency <https://www.dhs.wisconsin.gov/forwardhealth/imagency/index.htm>. Or you can print an application here

<https://www.dhs.wisconsin.gov/library/F-16019A.htm> and mail it/drop it off at your agency.

- b. Application Assistance
 - i. Feeding Wisconsin's FoodShare Hotline 1-877-366-3635 or go to their FoodShare Outreach Website: <http://www.getaquestcard.org>
- c. Eligibility
 - i. Income limits: <https://www.dhs.wisconsin.gov/foodshare/fpl.htm>
 - ii. You can check eligibility by pressing "Do I qualify" here: <https://www.dhs.wisconsin.gov/forwardhealth/apply.htm>

51. Wyoming

- a. Application
 - i. General info: <https://dfs.wyo.gov/assistance-programs/food-assistance/supplemental-nutrition-assistance-program-snap/>
 - ii. There is no online application option. Visit your local DFS office (<https://dfs.wyo.gov/about/contact-us/>) to get an application or download the Application for Assistance (<https://drive.google.com/file/d/1r9Supds1XkerGakMvZVUjK5hCyhfM-co/view>). Submit your application to your local DFS office in person, by mail, or fax
- b. Application Assistance
 - i. For application assistance call the Wyoming Department of Family Services: <https://dfs.wyo.gov/about/about-us/> (statewide phone number is 1-800-457-3659)
- c. Eligibility
 - i. <https://dfs.wyo.gov/about/policy-manuals/snap-and-power-policy-manual/table-i-snap-income-limits/>

52. Puerto Rico, Virgin Islands, Guam, American Samoa, and Northern Marianas

- a. Nutrition assistance in Puerto Rico: <https://www.benefits.gov/benefit/363>
- b. Virgin Islands: http://www.dhs.gov.vi/financial_programs/food_stamp.html
- c. Guam: https://www.benefitscheckup.org/fact-sheets/factsheet_nutrition_gu_snap_program/#/
- d. American Samoa: The DHS website <http://www.dhss.as> has a tab for food stamps, but it is currently not functioning. You can contact info@as.gov with questions.
- e. Northern Marianas: <http://www.dcca.gov.mp/nap-nutrition-assistance-program/>